

Hospice Memorials

There's No Time Limit On Memorial Gifts

We usually think about making a memorial gifts shortly after someone's passing. But, memorial gifts hold the power to celebrate a life and give comfort years after the loss. Birthdays, anniversaries, and other special occasions can be difficult when a mother, father, husband, wife, or other loved one is no longer with us. Many donors use these times to make a charitable donation in their memory.

Rebecca Lancaster

Denise Kirkland

Mary Rumer

Francis Parham

Virginia Northcote

North Ridge Bible Study Group

Susan Lansche/Milton Askew

Susan and Edmund Lanshce

Hugh Sterling

Helen Parker

David and Joan Whitley

Betty Riddick

Janice Bertucci

Jill Dompierre

Jean Junak

Paul and Jackie Healey

Mr & Mrs Christopher Messano

Angela Johnson

Walter Ives

Thelma Ives

Donation to Hospice

Patricia Nicholson

Rena T. Knott

Henry Stille, Jr

Grace A. Gumbrecht

Marie Sager

Robert Sager

Peggy Mitchell

Masonic and Eastern Star

Home of NC, Inc.

Phil and Joan Knight

Thea Kincaid

Bonnie Bates Sharpe

Charles Sharpe

Judy Perez

Mary L. Pate

Ruth Ann Wodenshek

Karen Gesell Miller

Ruth Skrotsky

For In -Patient Facility

Mr. and Mrs. Elliott Alterman

Linda and Tom Lelli

Hardison Hardison PA

Gloria Hodgert

Mr. and Mrs. William Ritchie

Fred and Annette Wagner

Ellen Ringle

Ruth Levin

Patricia Kieffer

Anna Plaine

Jane Hudson

Pearl White

Linda Hestad

Doris Moser



When you make a memorial gift or donation to CCHD Hospice you are ultimately helping patients and families receive compassionate care when they need it most. These donations go towards supplies, medications, and medical equipment that are not otherwise covered. Thank you for choosing Craven County Health Department Home Health-Hospice. Please make the check payable to **CCHD Foundation** and mail to:

Craven County Health Department Home Health-Hospice

PO Drawer 12610

New Bern, NC 28561



**Craven County
Health Department
Home Health Hospice Agency**
PO Drawer 12610
2818 Neuse Blvd
New Bern, NC 28561

Hospice is a coordinated palliative and supportive care (physical, psychological, social, and spiritual) for dying persons and their families. Services are provided in the home by an interdisciplinary team of professionals and volunteers. Bereavement care is available to the family.



Hospice News

Volume XXXIV, Issue 1 Spring 2014
Craven County Home Health-Hospice Agency

Quality Service in Craven County for Over 30 Years

7 Communication Techniques for Talking to Elderly Parents

By Marlo Sollitto

Caregiving results in major changes in a family: physical, emotional, social and financial issues can arise. It changes the roles, responsibilities and feelings within the family, which can lead to tension and fighting. Care-givers frequently support each other with "tricks of the trade" when it comes to effective communication with elderly parents. Hopefully these tips will help you to cope and try to maintain or repair family relationships – and help you keep your sanity during your caregiving journey!

Don't Give Advice Unless It's Asked For

Parents have advised their children their whole lives, so hearing advice from a child – albeit an adult child – might not go over so well. That parent-child role reversal is hard on the parent. Therefore, giving advice is best avoided unless you are sure it has been asked for. It is generally better to let an outside person be the advisor. You can encourage and provide support, without doling out advice.

Listen to What Your Elderly Parent is Saying

Really listen. Listen to what the person is saying. Don't interrupt or try to fill in the silence. A period of silence could mean your family member is contemplating a response, thinking through the conversation and how to reply. Listening goes both ways, so try to determine that the person is hearing what you say.

Accept Differences of Opinions

No matter how close a family is, and despite the dynamics involved, everyone is not going to agree all of the time. There is sure to be differences of opinions. Respect the opinions of others; don't disregard them. Listen to all sides, and make a decision together when possible.

Speaking to elderly parents the right way

Speak Distinctly

Some older adults do not like to admit that they cannot hear or understand the conversation around them. The higher pitch of women's voices may be a problem for older adults; consciously think to lower the voice pitch. Remain calm and talk in a gentle, matter-of-fact way, keep sentences short and simple, focusing on one idea at a time.

Don't Condescend

Make sure your attempt to "turn up the volume" and slow down your speaking patterns doesn't come across as condescending. Even if your parent suffers from dementia or extreme hearing loss, don't speak to them as you speak to a child. Patronizing is a sure way to start an argument.

Choose the Right Environment

Avoid competing noise or activities such as TV or radio. Face the person as you talk to them. When talking in a group, make sure that the elder is not on the end of the row. It is better to place the senior in the middle so that the conversation is around them. Or perhaps a quiet walk works best for your elderly parent.

(Cont. p.3)



Crab Bisque

Ingredients:

| | |
|-------------------------|------------------------------|
| 1 cup of Chicken Broth | 2 cup milk |
| 2 medium slices onion | 1/2 tsp salt |
| 2 TBS butter | 1 lb lump crab meat |
| 2 TBS all-purpose flour | 1/2 tsp Worcestershire sauce |
| | Pinch ground cayenne pepper |



Directions:

In a small frying pan place 1/4 cup chicken broth and the onion. Cook over low heat for 5-7 minutes. In a medium size pot over medium hear, melt the butter. Slowly whisk in flour. Whisk until a creamy mixture is created. Gradually pour in broth, whisking constantly. Whisk in milk and remaining ingredients. Heat until soup is almost boiling. Do not boil the soup as the milk will curdle when boiled.

Serves 4

Craven County Hospice would like to print a Hospice Recipe Cookbook that everyone could enjoy. If interested in sending in your recipe, please mail to: Craven County Home Health-Hospice, PO Drawer 12610, New Bern, NC 28561 or e-mail your recipe along with a picture to: jwhitley@cravencountync.gov

Spring Breakfast



Spring is coming, really! And so is Craven County Health Department Foundation's annual **Spring Breakfast Fundraiser for Hospice**. The Spring Breakfast will be held on May 21st at the N.C. History Center at 8 am. Only 30 tables will be sold this year and the demand is high, so you may want to start planning now. The premise for the fundraiser is that the tables will be "sold" to sponsors or individuals who, in turn, will invite 8-10 guests to sit at their table. The Sponsor will be responsible for serving beverages to their invited guests who will then reward them with a generous "tip". This tip is the guest's tax deductible donation to Hospice and is a fun way to raise money for the Foundation. The concept of the Host "serving" the guests lightens the atmosphere and encourages the guests to tip heavily and contribute more to the cause. Typical donations from individuals usually range from \$25 up, with businesses contributing in the \$100-\$200 range, but all gifts are welcome. The table sponsors are very competitive and work hard to best the each other and their own personal best. The guests all enjoy seeing their Host or Hostess with their apron and badge proclaiming: "I Work for Tips!" The Breakfast Committee is also seeking SBF Sponsors for the event for businesses that wish to donate but cannot participate. To reserve a table or become a SBF Sponsor, please call 636-4930.

Looking Forward...

-Bereavement Support Group will be held three times in the coming year. The next group will start in June. These bereavement groups are open to the public and free of charge.

-Craven County Relay for Life, April 25 and 26 at Grover C. Fields Middle School. Join team Craven County Government at relayforlife.org. On April 26, 2014 the team will be camping out and walking the track to raise money and awareness for the American Cancer Society. A Stand Up Paddleboard provided by **Surf Wind and Fire** on Middle St. will be raffled off on Saturday April 27 at the event . For ticket information please call Ashley Williams at 636-4930.

-Spring Breakfast Fundraiser for Hospice is coming up... Reserve your table now!

Please call the Hospice Office at 636-4930 for information on all of these events.



Consider What It Is Like To Be Old

Most seniors experience a series of losses during their later years and are trying desperately to stay in control of themselves and their environment. Letting others help feels to them like giving away control of things.

Pick Your Battles

Most elderly face multiple challenges as a result of growing older. The most common include mobility limitations, decreased stamina, living alone and memory problems. You will need to prioritize the issues you want to address and hope for small victories.

Laugh When you Can

Laughter really is the best medicine. Even in a difficult and stressful caregiving situation, there are some humorous moments. A shared laugh can ease tension while building closeness. However, be sure to laugh *with* your family, not *at* their expense.

The Community for Family Caregivers is an online forum created to Support Caregivers of Elderly and Aging Parents. The material of this web site is provided for informational purposes only. AgingCare.com does not provide medical advice, diagnosis or treatment; or legal, financial or any other professional services advice.

© 2014 AgingCare, LLC All rights reserved

Volunteers

"Volunteers are just ordinary people with extraordinary hearts. They offer the gift of their time to teach, to listen, to help, to inspire, to build, to grow, to learn. They expect no pay, yet the value of their work knows no limit... They've known the unexpected joy of a simple hug. They've planted tiny seeds of love in countless lives. Volunteers are just ordinary people who reach out and take a hand and together make a difference that lasts a lifetime."

-Kimberly Rinehart



Letter to the Editor

The following is an excerpt from a letter to the editor of the New Bern Sun Journal dated February 27, 2014 regarding the sale of the Craven County Home Health Certificate of Need.

Editor,

I would like to take this opportunity to thank the Residents of Craven County for their support of the Craven County Health Department Home Health-Hospice. While I have only been here for 4 months, Our Home Health and Hospice have been providing service to the residents of Craven and surrounding counties for over 30 years. I would like to clarify details about the news of our Commissioners exploring the possibility of selling our Home Health Certificate of Need, found in the Sun Journal on Feb. 17, 2014. Let me emphatically say that whatever the outcome of this process, it will NOT affect our Hospice Program in any way. In fact, it will only strengthen us as we work together with CarolinaEast Health System and the CarolinaEast Foundation to build an In- Patient Hospice Home in Craven County. Allow me to explain the distinction between Hospice and Home Health. While we have had a combination Home Health and Hospice operation for many years, they both have separate Certificates of Need and Separate Licenses, as well as two distinct objectives. Home Health services are provided to home bound patients, who are in need of short term skilled nursing, physical therapy, occupational therapy and speech therapy, with the goal of helping to restore a person's ability to function as normally and independently as possible. Hospice Care is provided when a person has been diagnosed with a life limiting illness, and either has exhausted reasonable efforts for a cure, or simply decides they want to stop active treatments and live their life with dignity and as free from pain as possible. The focus is on living. That is the commitment Craven County Health Department Hospice makes to the residents of Craven and surrounding counties. With our Partnership with CarolinaEast Health System and the CarolinaEast Foundation, that mission will continue and expand in the days ahead.

Thomas Smith, Director
Craven County Health Department
Home Health -Hospice